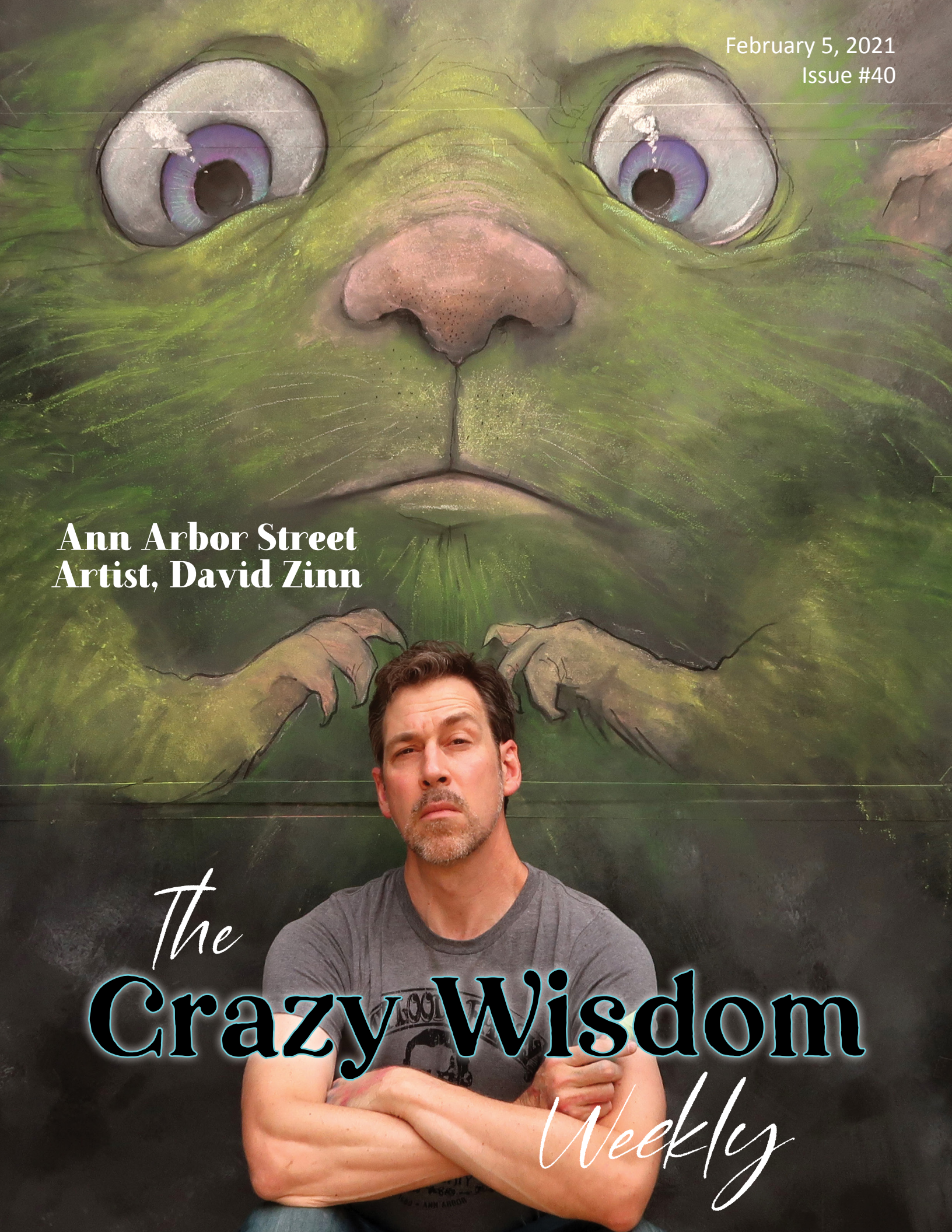
February 5, 2021
Issue #40



Ann Arbor Street Artist, David Zinn

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

Photo by Ezra Jeffrey on Unsplash

The Crazy Wisdom Weekly

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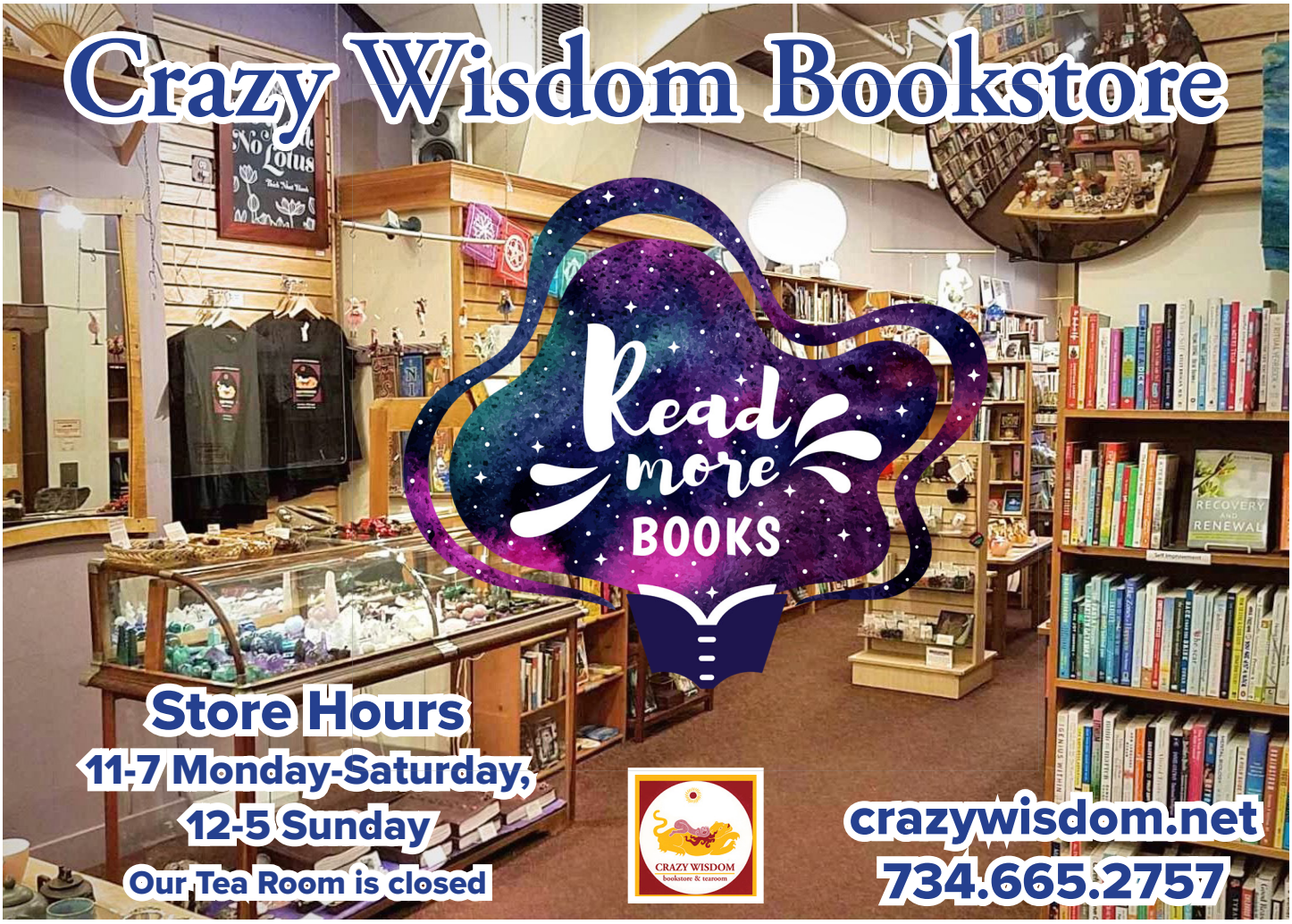
The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!



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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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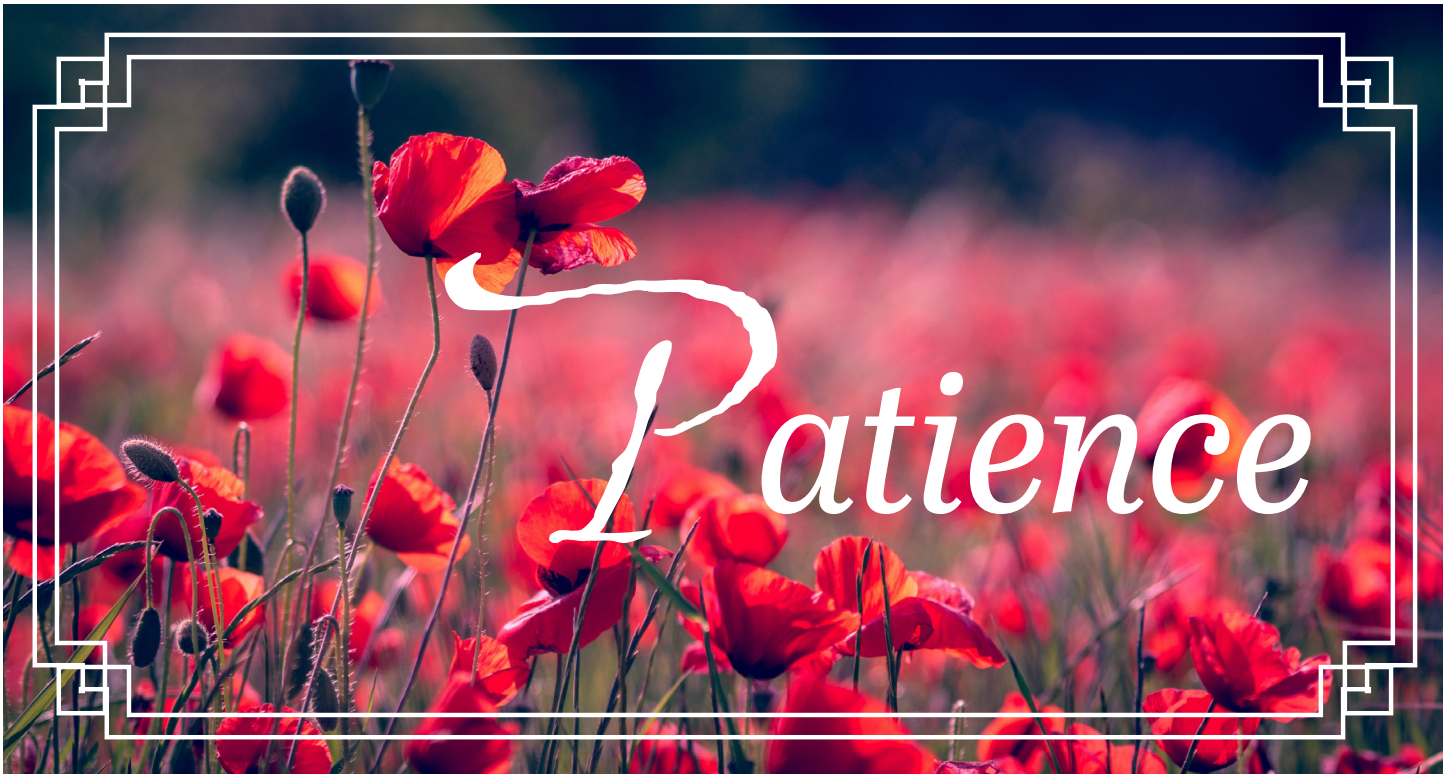
Thank you to our contributors for this issue:

Asavari Awasthi
Robert Krasnick
Cashmere Morley
Larissa Czuchnowsky
Kim Gray
Carol Karr
Jennifer Carson
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



By Asavari Awasthi

2020 was the year that taught me how to be patient. As part of an increasingly fast paced society, we get disappointed when our own progress/desires happen slower than the click of a button. This year, I really struggled with pushing for my own goals to manifest faster than they were, consistently seeing my efforts produce crumbs. It was like watching myself get punched in slow motion.

In 2020 I lost some amazing relationships, had some messy romantic affiliations, lost my lab position, and couldn't get any other positions to fill in my needed research credentials. Despite the constant giving to other people, and endless lab emails asking for a research assistant position, I ended the year feeling pretty burned out. What was it that I was doing that simply wasn't working? What did I need to do differently? That question constantly played with my increasing dissatisfaction. 2020 felt like the final phase of Jenga: the last block destroyed the stable pretty tower I had built for myself. More than depressed or angry, I felt uncomfortable. I liked my tower.

It wasn't until late November that I started to see this "series of unfortunate events" differently. I had a conversation with my mom expressing my sheer disappointment in myself. She didn't try to pat my shoulder, express puppy love validation, or sugar coat anything. She merely said, "You are still on the journey. You aren't in a position where you can say you are successful or not. Things—big things—take time."

Perhaps I was evaluating myself too harshly, and more importantly, too early in the game. Perhaps I was appraising myself when I didn't even need to be. Because on the opposite side of this regular growth of self-pity were improved health issues, new and better friendships formed, amazing grades in my classes, and meeting one of my personal goals, starting a blog.

As a 20- year-old working to get a doctorate, what more did I need in such a globally chaotic year? I could feel my shoulders lower and my muscles slightly loosen. Time wasn't running out to succeed, I was simply in too much of a rush. And a journey, as much as I might try, can't be rushed.

My perspective further changed as I was sitting at the airport on New Year's Eve watching one of my favorite Youtubers, Ali Abdaal, talk about how his viewpoint around goals has changed. Although I was too exhausted to think about New Year's Resolutions, his video made me feel more hopeful to continue trying in 2021. In his video, he compared a goal to a mere compass. It only guides you in a direction. And this direction runs off a "system". So, your focus shouldn't rely on the outcome, but more so the daily process ("system").

To tie in both my mom and Ali Abdaal's advice, it's more about the journey than the destination itself, as ubiquitous as that phrase is. Whether I could concretely see my biggest desires in front of me or not, I knew I was following my compass. And, if I am consistently going in the right direction I planned for myself, I have no other place to land but success, even if it isn't exactly how I imagined it to be or in the comfort of my stable tower. Being able to keep my mind on creating today allowed me to take back the control I sought by pondering the endless possibilities of my future. I know now I am doing the best to create today and that's enough. This gradual anchoring in "the now" made time seem to slow and be more relaxed. My need to accomplish something big as fast as possible went away. I can't rush to the day I get my doctorate degree, so why not put my feet up and focus on the smaller tasks? Patience. It only grew when I threw away my desire to make every goal manifest instantly. Life is never in a rush, only we are. Only when we step out of this massive need to control the uncontrollable does patience truly kick in.

What's Up In Our Community

with Dr. Robert Krasnick

Tell our readers why you decided to focus on regenerative medicine.

I have been practicing medicine for over 25 years but after the first 5-10 years I changed my focus to regenerative medicine. This was in large part due to the frequently ineffective or temporizing methods traditionally given to patients with injuries to the musculoskeletal (MSK) system. This revolved around medications and steroid injections which rarely gets to the root problem. So patients would frequently come back with the same problem over and over again. Additionally, these patients were not always getting back to the functional levels they wanted and frequently had side effects from the treatments given. About 20 years ago, when I started to change my "practice" and use Prolotherapy, I was able to start resolving musculoskeletal pain and help patients return to normal function. This proved to me that our bodies have the inherent capability to heal and just need the appropriate impetus. Over time Platelet Rich Plasma and Stem Cell therapy has come along to enhance our regenerative capabilities.

Why do you avoid traditional anti-inflammatory drugs and steroids for your patients?

The standard of care for musculoskeletal pain (joint, spine, soft tissue injuries) has included NSAIDs and steroids. Though these medications can be helpful and necessary they are overused and have significant side effects. Anti-inflammatories or NSAIDs can cause bleeding in the stomach from creating an ulcer, cause or contribute to kidney failure, and increase risk of cardiovascular disease. Steroids, particularly when injected, can have significant side effects on the tissue that is injected causing further degeneration of soft tissue, tendons, and cartilage. This is especially true with repeated injections. Repeated spinal injections increase the risk of a vertebral fracture. Most MSK problems are degenerative in nature (wear and tear) and steroids therefore only cover up the pain signals and do not provide any long term healing benefits.

What kind of patient will get the best results from the therapies you provide?

Patients that tend to respond favorably to regenerative treatments are ones that are "primed" to initiate the healing process. Since blood flow is paramont to healing, people who don't smoke and who do not have diabetes tend to heal better. Secondly, people that are active and want to remain having an active lifestyle also tend to respond favorably. Exercise and movement is good for healing. Additionally, cellular health is very important, so good nutrition and a strong immune system will promote favorable responses. These are aspects of care I look into when treating a patient. Sometimes we will need to do some things to optimize a person's potential for regenerative interventions before any particular regenerative procedure is performed.

Many people are avoiding the doctor's office right now due to Covid, but why is it important NOT to ignore acute or chronic injuries?

First of all I would say that I believe most doctor's offices are taking the necessary precautions for Covid and are extremely concerned about patient safety and therefore have mechanisms in place to ensure this. There is no reason at this point in time not to come see a doctor, unless there are some other circumstances that put you at risk. Failing to get an evaluation or treatment for an acute problem or injury can lead to chronic problems, but also acute injuries or pain must be evaluated and diagnosed so that other medical issues that may be associated can be addressed, and it is far easier to implement early treatment for an acute problem in order to enhance the final outcome. Chronic issues similarly need to be addressed to avoid further decline in function and further deterioration in health.

What have you learned about yourself during this pandemic time?

This pandemic has really put a lot of things, for all of us, into perspective. One thing I've learned is that we need to take charge of what we want to do in life and not put things off into the future. The pandemic has shown that none of us is totally insulated from the problems that go on in our society and that we all need to do just a little bit more to make our world a better place. Additionally, I have been able to see my children in a different light: I can see they are strong and able to adjust, have social wisdom beyond their years, and an undeniable work ethic. It has made us all a bit closer, even when far away.

Dr. Robert Krasknick uses a holistic approach to his practice of Regenerative Medicine. Visit him online to learn more at krasnickregen.com.

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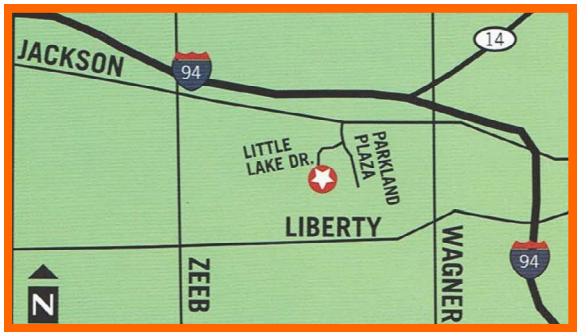

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From Issue #76, Winter 2021

The WHiMSiCAL World of David Zinn

By Cashmere Morley

If you are observant enough, careful enough, curious enough, there is an entire world underfoot waiting to be discovered. It is a world nestled in ours but unlike ours—an illusionistic wonderland etched in chalk by Ann Arbor's neighborhood "chalk man." It's a reality only visible to those who are looking for it amongst the jumble of the mundane. But in this world, if you are lucky enough to stumble across it, one rule remains the same as ours: things will not, cannot, last forever. Artist David Zinn says that's the point.

"I'm a compulsive doodler. That's a given. I've been doing it since the same age everyone else has been doing it. I just didn't stop," said Zinn. An Ann Arbor native, Zinn has been doodling his chalk drawings on sidewalks all over the city for over ten years. "It was a good way to navigate being really shy as a kid, because people can't talk to you if they can't look you in the eye, and they can't look you in the eye if you've got your head buried in a sketchbook, so it was ironically meant to keep me safe from interacting with people. And now that I draw in public, it's the main reason why I interact with people." Zinn laughed and added, "I'm using art to create the things that reality failed to provide. I would like to see excited, cheerful,

or serene creatures staring up at me from the sidewalk. I'd like to be able to sit on the curb next to my imaginary friends. So, I make that happen."

What Zinn makes happen is a phenomenon called "ephemeral augmented anamorphic pareidolia," a fancy phrase which explains how he makes his 2D drawings appear 3D on pavement. "My saving grace is that I'm good at seeing things that aren't there," said Zinn. "Which I can't necessarily call a skill, but it's worked up that way, that thanks to pareidolia, a thing that everyone's brain does when your brain is confronted with random information, static, or just visual noise. It is instinctual for us to see meaning where there is no meaning. It's why people talk about there being a man in the moon. It's almost undeniably why we have constellations."

It's why, while walking around Ann Arbor, or anywhere, really, Zinn will see a rock that can look like a fish, or grass peeking out of a sidewalk crack that looks like the perfect troll hair. Over his life, Zinn has hidden over 1000 chalk creatures all over the world. "I mean, to be fair, since my work is all improvised, there are a lot of creatures I've drawn that I hesitate to even call characters because I've only met them once. And we only had a passing acquaintance. But they're real to the point where they have a point of view, at least inside my head—even if I don't know their whole backstory, and certainly the ones that I draw out repeatedly. I don't know why I see them so often. But they do have distinct sort of the yin and yang personality profiles."

He's referring to two of his most recognizable figures, a green character with stalk-eyes named Sluggo and Pigasus (a pig with wings) named Philomena. Images of these two, more than any other character, show up all over Zinn's social media and website.

"It's probably not hard to notice that there's a very different demeanor between the two of them. Which was not planned. I'm only explaining after the fact because I don't know why I draw them. But perhaps because of his bug-eyed anatomy, Sluggo is always very excited about whatever's happening, one way or the other. Happy, terrified. He just always has a strong reaction. Maybe because he doesn't have eyelids. So, it's his own choice, but I think it goes beyond that. And he's very energetic, ready to engage. Ready to react," said Zinn. "And I learned early on when I once tried to draft Philomena looking frightened that she won't do it.

That particular drawing only works with an implacable, accepting, neutral expression. It's just a very steady, 'Okay. All right.' And it's actually strangely reassuring. I think I get more reassurance from Philomena because whatever is going on, she's just okay with it. I wish I could do that. And I'm hoping to learn to live by that model over time."

Zinn recounted a time he was traveling for work, feeling homesick and stressed out about events in his life, when his work was a sort of refuge from the day-to-day.

"I have a doodle from a sketchbook I carry around," said Zinn. "When I just absentmindedly drew Philomena with one hoof raised up a little bit. In a strange way, it seemed very obviously intended as an attempted high-five. I really needed that in that moment. There was no look of great sympathy on the face, just a very unshakable, placid face combined with this little tiny raised hoof sent a very strong message, 'You know, you're doing your best.' I realize that every time I slip past that page as I kept drawing in the same book, I never failed to high-five the Pigasus, because I needed it. I almost always needed that little extra help, that little reassurance."

He hopes that people find that kind of solace in his work. "At the end of the day, you can't tweak it. You can't stop and wait and wonder if you did it the best way you could. You have until the sun goes down. Or until the shadows get too long, the sun moves in a bad position, you get too cold or too hot. And since you're drawing chalk on a sidewalk, that will have no value when you're done with it, you might as well draw what makes you happy right now. Because that's the main reason why you're doing it. And you're done when you're done. Eventually, you have to walk away. Since these are my friends, and they do wash away, it is pretty meaningful that this is the only time you get to spend with them. Just once. You can't pull them out of your drawer later or put them on your wall. You're done when you're willing to bond with them enough to let them go."

Zinn, who draws his creatures with off-brand chalks and vine charcoal, invites everyone to pick up chalk because "you don't feel like you need to take a class for it to be successful at it." And there's no pressure to be good at it, because it will wash away at the end of the day.

"Everything is falling apart," said Zinn. "The Mona Lisa is falling to dust right now. Just more slowly, and with more people fighting it. There's a lot of calm and acceptance in just letting go. In that sense it's very therapeutic to draw outside with chalk. You're reminding yourself that holding on to things is where a lot of the anxiety comes from. Enjoying them while they're here and then letting go is much better."

Zinn continued, "If everything I had drawn in Ann Arbor is still there, you wouldn't be able to walk two feet without stumbling over something I've drawn. I love that people wish they'd never wash away, but believe me, you're happy they're gone. It's a small town! You could drop me anywhere in town and somewhere in my line of sight is a place where I drew something, no matter where. If I think about it, there are some strange places that I've drawn that people probably haven't even discovered yet. Because part of the satisfaction, I'm realizing now, [is] that this is my job."

Zinn's job has taken him all over the world to a variety of places both simple and baroque.

"Usually upon very careful inspection, even a very respectable plaza has some curious little broken spots that are going ignored. The main separation is usually trying to distance myself from people to really talk to that spot, to figure out what it wants. The theoretical belief is that every spot on the planet has something it would like to be if given the opportunity. You just have to listen to it carefully," said Zinn.

"But the greatest satisfaction is found in randomly stumbling upon a sort of ignored and forgotten spot. It's nowhere special, I just happened past because I was walking a different way to the post office, and maybe other people walk that way to the post office, and maybe they don't. But I can put something in a very random, ignored corner, where chances are maybe one person will see it before it gets washed away by the rain.
"If you're trying to share your art with the world, this is a terrible plan. But if you're trying to make an impact, even on one person, wholly molly… I mean, if you're that one person who happens to be in the right place at the right time and look down at this one spot, and see this completely insane drawing, insane in the way that no one in their right mind would take the time to draw this one weird thing in this one weird, sad, spot, you're going to wonder what's going on in your day now. And maybe even, just for a moment, wonder if it was put there for you, because in a way it was. If you were the only person who saw it, I didn't know it was you who would see it, but it was put there for you. You're 100 percent of the audience."

David Zinn, 50, grew up in and around Ann Arbor. The son of a research scientist and an administrative assistant for the University of Michigan, he attended Sayer Elementary school in South Lyon before attending Greenhills. He lives in a 150-year-old house on the Old West Side with his feline companion. To see more of David Zinn's work, visit zinnart.com, or check out his social media on Instagram @davidzinn, Facebook @ DavidZinnIllustration, or Twitter @ DavidZinn_Art.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson, and Rainey Lamey

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

January 27 - Hedy Habra is a polyglot essayist and artist whose third book of poems, *The Taste of the Earth*, won the Silver Nautilus Award. *Tea in Heliopolis* won the USA Best Book Award and *Under Brushstrokes* was finalist for the International Book Award. She has lived in Egypt, Brussels, and now Kalamazoo. Her website is hedyhabra.com

February 24 - Patricia Hooper is author of *Separate Flights* and *Wild Persistence*—the most recent of her five books of poetry. Her poems have appeared in *The Atlantic Monthly, Poetry,* and *Kenyon Review*, and have won six major awards. She is a U. of Michigan alumna and now lives in Gastonia, North Carolina.

February 24 - Dannye Romine Powell, newspaper editor and author of *In the Sunroom with Raymond Carver* and four other poetry collections, often depicts troubles with close relatives. She has published in *Ploughshares*, *Paris Review*, and *Poetry*. She once occupied the former bedroom of Sylvia Plath during a residency at the Yaddo Foundation's mansion.

March 24 - Ken Meisel, is a psychotherapist and author of eight books of poetry. With tender, grave empathy, *Our Common Souls: New & Selected Poems of Detroit* traces the conflicted searches for hope, sense of connection to place, and material and social problems embedded in the landscape of his deindustrialized city.

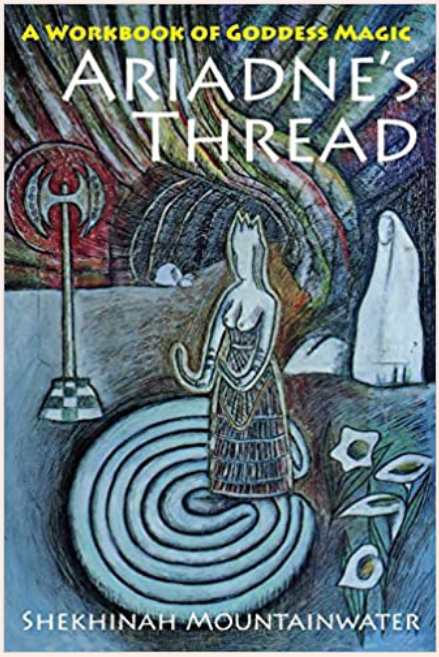
March 24 - Jeff Vande Zande has published four novels including *American Poet*, which won a Michigan Notable Book Award from the Library of Michigan. His story collections are *Emergency Stopping*, *Threatened Species*, and *The Neighborhood Division*. He is also a film maker, teaches at Delta College, and has a blog at www.authorjeffvandezande.blogspot.com

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

Crazy Wisdom Book Pick of the Week



Ariadne's Thread: A Workbook of Goddess Magic

According to ancient myths, the Goddess Ariadne fared poorly. But is that simply the story the Ancient Greeks wanted retold in their myths?

In Ariadne's Thread, Shekhinah Mountainwater argues that reclaiming womanhood and seeking spiritual liberation from patriarchal limitations can change the world—not by flipping the tables to a hierarchical matriarchy but in working toward a peaceful, egalitarian, sustainable society that embraces the traditionally "feminine" values of compassion and nurturing regardless of gender. She looks carefully and with wisdom at the old stories, and skillfully tugs the loose edges of old paradigms. A pioneer of the Goddess feminist movement, Mountainwater employs powerful archetypes and a feminist ethic of care to challenge our assumptions and draw us from the mundane into the mysterious in our own lives.

Considered a classic of women's spirituality and goddess worship, Ariadne's Thread offers a magical path of discovery into the mysteries of the Goddess. It includes detailed explorations of the Maiden, Mother, and Crone guiding the cycles of life, as well as rituals to affirm our lunar and natural cycles in the world. As the Library Journal writes, this "well-written book encourages women to find their own spiritual path." Offering her own thread to guide our labyrinth, Mountainwater has illuminated a powerful, poetic, and joyful initiation.

Purchase your copy of *Ariadne's Thread* at shopcrazywisdom.com.

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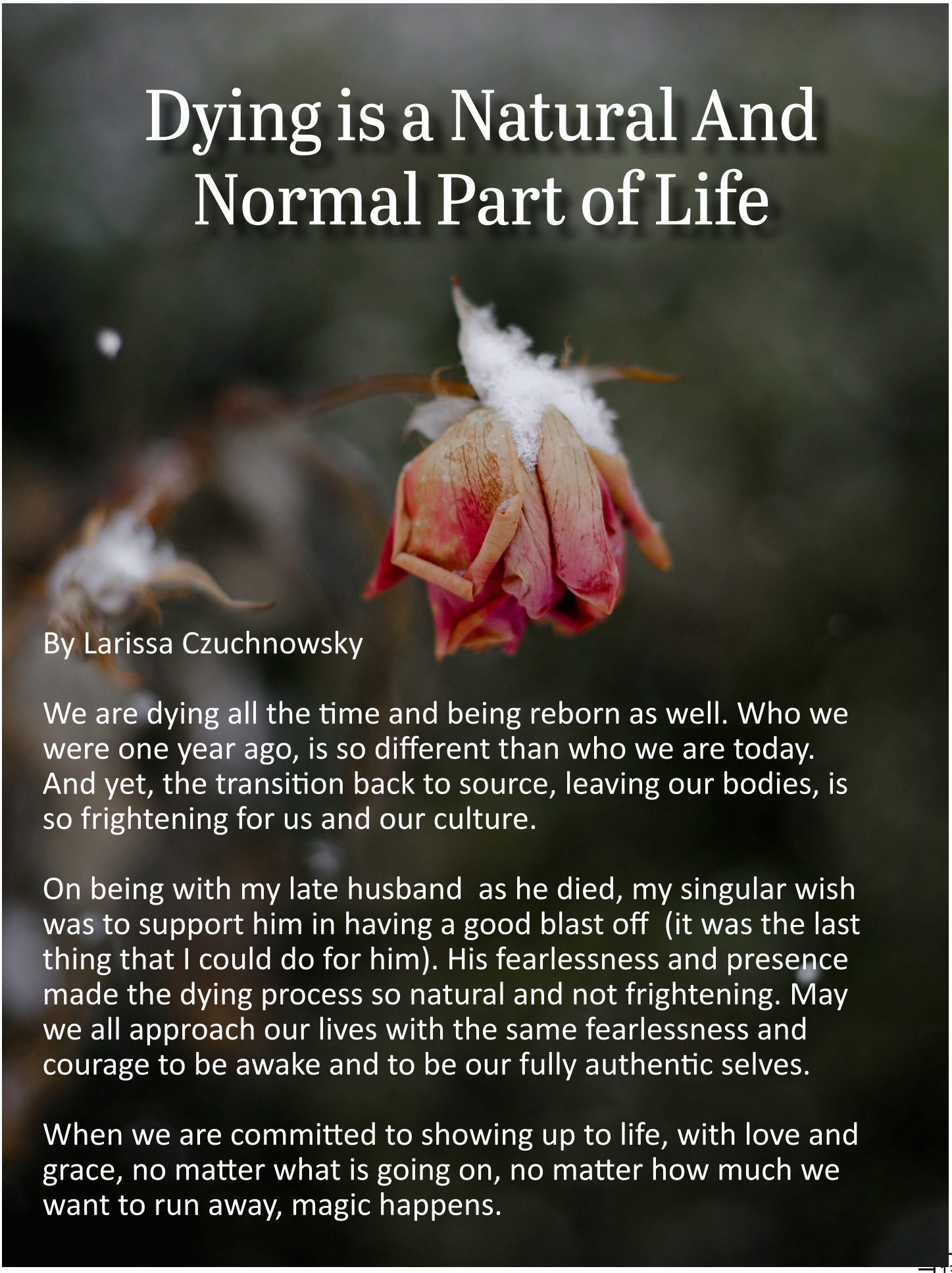
The winter issue of *The Crazy Wisdom Community Journal* is here! With articles on holistic practitioner Karlta Zarley, Healing Writer's Block Through the Mystery School, Cashiering as a Spiritual Practice, and more! You don't want to miss it!

Dying is a Natural And Normal Part of Life



By Larissa Czuchnowsky

We are dying all the time and being reborn as well. Who we were one year ago, is so different than who we are today. And yet, the transition back to source, leaving our bodies, is so frightening for us and our culture.

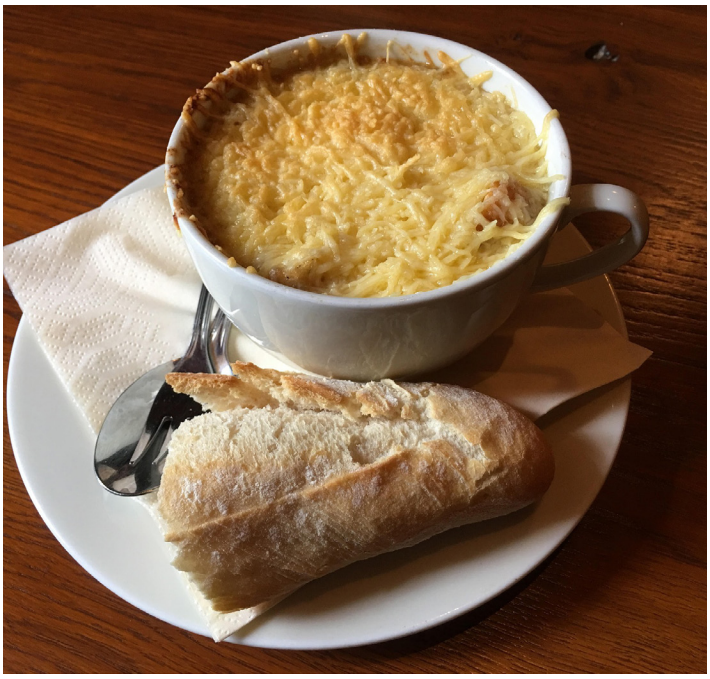
On being with my late husband as he died, my singular wish was to support him in having a good blast off (it was the last thing that I could do for him). His fearlessness and presence made the dying process so natural and not frightening. May we all approach our lives with the same fearlessness and courage to be awake and to be our fully authentic selves.

When we are committed to showing up to life, with love and grace, no matter what is going on, no matter how much we want to run away, magic happens.

Comfort Food

Slow Cooker Ham and Potato Soup

By Jennifer Carson



A great meal for a cold winter day! I like to make this in the morning (along with a fresh loaf of bread) and let it simmer all day. Feeds a group of six with some leftovers for lunch the next day. Top with shredded cheddar cheese for an extra little punch of flavor.

Ingredients:

8 Medium to large Russet potatoes, diced
1 Yellow onion, diced
2 Large carrots, peeled and chopped
Leftover ham, or 16 ounces of cubed ham
1/4 Cup of flour
4 Cups chicken broth
1-1/2 Cups of milk
1/2 Cup sour cream

Directions:

Combine the potatoes, onions, carrots, ham, and chicken broth to your slow cooker and cook on low for 7-8 hours, or on high for 4-5 hours.

In a large liquid measuring cup combine your milk and flour, then add in your sour cream. Stir together well and pour into your slow cooker. Stir well and cook for an additional 15 minutes.

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The Crazy Wisdom weekly Calendar

Book Discussion Groups

Dine and Discuss Distantly • Wednesday, Feb. 24 • 7 p.m. • We will be reading: The Words of My Father by Yousef Bashir. Create your own discussion group. Tune in to view a group discussion and a presentation by Linda Tomala. Registration required for video link. $10 for book and postage. Discussion is free. Contact 517-266-4000, or www.webercenter.org.

Channeling

Remembering Wholeness via Zoom with The Mother channeled by Barbara Brodsky • Sunday, Feb. 14 • 2 p.m. • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness: The powerful energy of The Mother gets transmitted as she looks directly at each person through the camera. Number of participants limited; register early. $10-25. Contact at 477-5848; om@deepspring.org or deepspring.org.

Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, Feb. 17 • 7 p.m. • An open session with Barbara Brodsky channeling Aaron. Talk followed by Q&A. All welcome; no registration necessary. Aaron will speak about spiritual practices such as Vipassana (Insight) and Pure Awareness meditation; how to work with inner guidance; and how to support changes in our physical/spiritual bodies through work with body energy, the elements, sound, and an open heart. $10-35. Contact at 477-5848; om@deepspring.org or deepspring.org.

Teen Mental Health

Milan Youth Counsil Presents: Self Care Saturday • Saturday, Feb. 6 • 12 p.m. • Join us online for this three-hour wellness retreat, facilitated by teachers, mentors & entrepreneurs from the Milan community. Self-care is more important than ever before & while we know times are tough, we have an opportunity to slow down and get in touch with our needs, to listen to our body & to learn a new hobby, passion or skill. We will be presenting various yoga, meditation, arts & food workshops to spark joy and create community while at home. Visit our facebook page for description of workshops.

Life Transitions

Helpful Legal Tips for Every Stage of Life with Elizabeth Hurwitz • Saturdays, Feb. 13, Mar. 13, Apr. 10 • 11 p.m. • Useful legal information for every stage of your life and the lives of your loved ones. Question and answer period and group discussion time included. The workshop will take place via Zoom. Please email Elizabeth to obtain the Zoom link at elizabethwhurwitz@gmail.com. Free. Contact Elizabeth at 657-0835; elizabethwhurwitz@gmail.com or hurwitzlawoffices.com.

Love and Relationships

Creating Your Ideal Mate with Karen Greenberg • Sunday, Feb. 14 • 1 p.m. • Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades) and enhance these with the richness of the group input. Learn how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "deserving" issues, and to trust the Divine Order and Timing! $125. Contact Karen at 417-9511; krngrnbg@gmail.com or www.clair-ascension.com/.

Living Love Project with Michael Oliver • Sundays • 11 a.m. • Learn about living and sharing love in fun, achievable ways... using wooden hearts to share world-wide. Free. Contact Michael at 313-819-7567; michael@mindtation.com or mindtation.com.

Meditation

Zen Meditation with JissoJi Zen Ann Arbor practitioners online • Sunday, February 7 • 11 a.m. • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.Free. Contact the Weber Center at 517-266-4000 or www.webercenter.org.

Nature Bath with Amanda Anastasia • Sunday, Feb. 7 and 21st • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: $33-$77. Contact Amanda at amahessling@gmail.com or www.joypriestess.com.

Movement and Dance

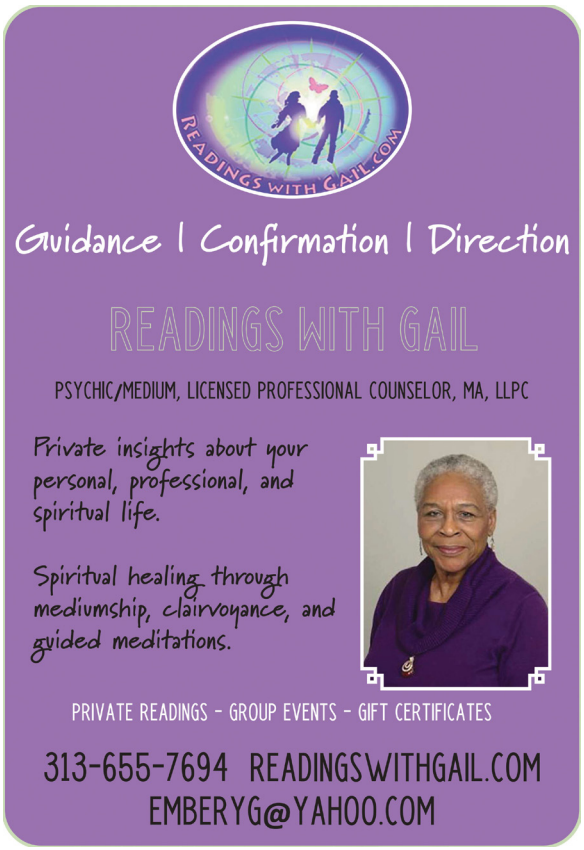
Zoom Ann Arbor - Toledo First Friday Dances of Universal Peace • Fridays, Feb. 5, Mar. 5, Apr. 2 • 7 p.m. • Dances of Universal Peace, moving meditation, will be led on the Zoom platform to guide personal meditation and dance, while keeping dancers safe. The Dances of Universal Peace, dubbed Sufi Dances, were created in the 60s by Samuel Lewis and celebrate mantras of the world religions. Donation welcome. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or https://sites.google.com/view/a2-toledodup/home.

Shamanism

Spirit Gardens with Judy Ramsey • Saturday, Feb. 20 • 9 a.m. • Join us to brighten winter doldrums. In this one-day workshop, learn how to manifest your dreams through shamanic gardening. You will learn how to "plant" your ideas and goals so that they grow into beautiful realities in your life. Knowledge of journeying is required. Fun is guaranteed. $75/person. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or https://JudyRamsey.net.

Spiritual Development

Unveiling your Divine with Susan Billmaier • Saturdays, Feb. 6, Mar. 6, Apr. 3 • 3 p.m. • A landscape usually is viewed from one vantage point. What if you could expand that view that embraces a number of perspectives and possibilities? During this course, Wasentha will help to guide you in your process of discovery. You will learn to identify the colors, shapes, and veils that have shaped your inner landscape. Using writing, sounding, and art you will unveil parallel inner landscapes that will be foundational to developing a ritual to bridging the potential of living a life vibrating at a more divine frequency. $150. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute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Lifelines Workshop with Susan Billmaier • Wednesdays, Feb. 10, 17, 24 • 7 p.m. • Looking backwards, we can trace the threads of our lives and begin to see, with gratitude and awe, our unique tapestries. Look! There are your colors, spirit, love, lessons, epiphanies—all you have co-created! Simple Lifelines and deepening techniques—focused on Self and Soul desires and needs—are creative and powerful tools for self-understanding, synthesis, and healing. Come join a small circle of introspective souls. Let's engage in deep soul play. $81. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Christian Mercy and Our American Prison System with the Weber Center • Thursday, Feb. 18 • 7 p.m. • A look at our American Prison System through the Eyes of Christian Mercy and Ethics. Free and open to all. Contact the Weber Center at 517-266-4000 or www.webercenter.org.

Yoga

Mindful Yoga for Depression and Anxiety • Tuesdays, Feb. 9-March 2 • 6:00-7:30 p.m. • Virtual Yoga and meditation class will include practies to calm anxiety, energize low mood, soothe social isolation and work skillfully with negative thinking. Suitable for beginning as well as experienced students. Combines LifeForce Yoga for Depression and Anxiety program with Mindfulness-Based Cognitive Therapy program. Join us to create new, resilient patterns of body and mind. 4-class session cost: $120. Contact Julie Woodward at jawh@comcast.net for more information.

Valentine's Day Partner Yoga • Sunday, Febe. 14 • 6 p.m. • Virtual partner yoga class via Zoom! Fun and romantic too. Esther and her partner Dave will demonstrate each pose. Any kind of partners are welcome, no yoga experience required. Tickets are $20 per pair until Feb 7 then $25. Contact Esther with any questions at Esther@esthersyoga.com. Register on at https://linktr.ee/esthersyoga.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

When it snows you have two choices: shovel or make snow angels.

Photo by Daniel Lincoln on Unsplash.